

PE Vocabulary progression

Subject

PE

	KS1	LKS2	UKS2
Gymnastics	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow In front Speed Slow Fast Land Over Off High Low Balance Twisted Curled Level Under Copy	stretch push pull step spring crawl still tall long forwards high low roll Explosive Combination Evaluate Improve Adapt Curled Stretched Strength	Muscles Joints Symmetrical/ asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/ Evaluation Leadership Officiating Elements Twist Criteria Extension Judgement Judge Combination Performance Parallel Creativity Flight Timing

<p>Dance and movement</p>	<p>Travel Stillness Direction Space Body parts Levels Speed Stillness Direction Beginning Middle End Feelings Pathways Rhythm</p>	<p>Space Repetition Action and reaction Pattern Repeat Dance Phrase Character Gesture Repetition Mirror Performance Technique</p>	<p>Dance style Variation Unison Canon Formation Improvisation Phrase Interpret Exploration Choreography</p>
<p>Games- Invasion Net, wall, strike & fielding</p>	<p>Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring Balance Target Run Jump Throw Balance Co-ordination Receive sending Accuracy</p>	<p>Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting Fielding Defending Hitting Spatial awareness</p>	<p>Support Marking Attackers/defenders Team play Individual play Offside Pitch Forehand/backhand Sportsmanship Leadership officiating</p>

Swimming		Swim Unaided strokes movements coordination breathing surface competent self-rescue safety	
O&A		Follow Route Equipment safely Manage risks/problems.	Control card Control marker Orienteering map Team work Key Route Tactics Communication Location Compass Navigate Plan Safety Leadership
Health, Exercise & Fitness	Agility Balance Co-ordination Strength Flexibility Fitness Health Apparatus control	Basic muscles Repetitions Stretching Technique Lifestyle Exercise	Muscles Pulse Sets Range of motion Aerobic Anaerobic Cardiovascular